

K. HYPERTENSION AWARENESS

High blood pressure is a major changeable risk factor for heart disease and stroke. Every adult needs to know that having their blood pressure checked on a regular basis is an significant initial step in identifying and controlling high blood pressure.¹

“High blood pressure is known as the ‘silent killer’ and remains a major risk factor for CHD, stroke, and heart failure. About 50 million adults in the United States have high blood pressure. High blood pressure also is more common in older persons. Comparing the 1976–80 National Health and Nutrition Examination Survey (NHANES II) and the 1988–91 survey (NHANES III, phase 1) reveals an increase from 51 to 73 percent in the proportion of persons who were aware that they had high blood pressure. Nevertheless, a large proportion of persons with high blood pressure still are unaware that they have this disorder.”²

Survey Question:

Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

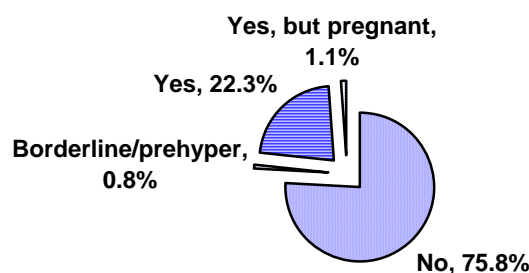


Figure K-1. Percentage of Arizona BRFSS respondents who reported that they were told they had high blood pressure in 2005. Healthy People 2010 Objective 12.9 is to reduce proportion of adults with high blood pressure to no more than 16 percent.

According to the 2005 BRFSS, 22.3 percent* of all respondents reported being told by a doctor they had high blood pressure. In addition, 1.1 percent were told during their pregnancy and 0.8 percent were told they were borderline high or pre-hypertensive.

Males were more likely (22.6 percent, lower than in 2004) than females (22.1 percent, higher than in 2004) to be told they have high blood pressure. There is a general direct relationship between age and the percentage of respondents being told they have high blood pressure; as age increases so does the percentage of respondents who report being told they have high blood pressure. Respondents 65 years and older were most likely to be told they have high blood pressure (52.2 percent, an increase over the 2004 rate), followed by those 55-64 years old (36.0 percent, decreasing from the rate in 2004). Respondents with a high school education were most likely to be told they have high blood pressure (25.4 percent, lower than in 2004); the

* 95% Confidence Interval: 20.4%-24.3%.

next highest group were respondents with some college or technical school (24.4 percent, higher than in 2004). Respondents earning less than \$15,000-\$24,999 had the highest percentage saying there were told they have high blood pressure (28.8 percent, increasing from the 2004 rate), followed by those earning \$25,000-\$34,999 (25.3 percent, decreasing from the rate in 2004). Among White Arizonans, the rate of 25.3 percent in 2005 was higher than the rate in 2004. Among Non-Whites, their rate was lower in 2005 than in 2004. Non-Hispanics were more likely than Hispanic respondents to be told they have high blood pressure (24.7 percent and 14.5 percent respectively). Non-Hispanics increased while Hispanics' rate decreased in 2005 from 2004.

References

1. The Burden of Chronic Diseases and Their Risk Factors: National and State Perspectives. CDC. 2004.
2. U.S. Department of Health and Human Services. Healthy People 2010: Understanding and Improving Health. 2nd ed. Washington, DC: U.S. Government Printing Office, November 2000.

Arizona BRFSS: Respondents Told They Have High Blood Pressure			
GROUPS	WEIGHTED PERCENT		2005 N**
	2003*	2005	
<u>Sex</u>			
Male	25.1	22.6	540
Female	20.2	22.1	886
<u>Age</u>			
18-24	6.2	2.4	13
25-34	11.7	8.5	47
35-44	10.7	13.0	100
45-54	19.1	22.8	230
55-64	37.0	36.0	329
65+	51.6	52.2	707
<u>Education</u>			
Less than High School	25.5	19.9	203
High School Graduate/GED	27.9	25.4	434
Some College/Tech School	22.1	24.4	422
College Grad	17.6	18.7	362
<u>Income</u>			
<\$15,000	21.7	25.1	196
\$15,000-\$24,999	27.1	28.8	299
\$25,000-\$34,999	27.4	25.3	166
\$35,000-\$49,999	21.5	22.0	187
≥\$50,000	19.3	17.6	313
<u>Race</u>			
White	24.0	25.3	1,034
Non-White	19.5	15.6	363
<u>Ethnicity</u>			
Hispanic	18.2	14.5	276
Non-Hispanic	23.9	24.7	1,135

Table K-1. BRFSS results: Respondents told they had high blood pressure. *Data not available for 2004. **N is unweighted